

***** UNCLASSIFIED// *****

Subject: ALARACT 092/2010 IDENTIFICATION OF AT RISK SOLDIERS - SUICIDE PREVENTION TRAINING DURING TIMES OF TRANSITION

Originator: /C=US/O=U.S.

GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/L=CONUS/L=WASHINGTON DC/OU=DA PENTAGON TELECOMMUNICATIONS(UC)/OU=ALARACT RELEASE AUTHORITY(UC)

DTG: 291931Z Mar 10

Precedence: PRIORITY

DAC: General

To: /C=US/O=U.S. GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/OU=ADDRESS LISTS/CN=AL ALARACT(UC)

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UNCLASSIFIED//

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAPE-MPA//

SUBJECT: IDENTIFICATION OF AT RISK SOLDIERS - SUICIDE PREVENTION TRAINING DURING TIMES OF TRANSITION

1. REFERENCES:

1A. HQDA MESSAGE, SAPA, 021531Z MAY 03, SUBJECT: DEPLOYMENT CYCLE SUPPORT (DCS)

1B. DCS CONPLAN, 02 MAY 03

1C. SECARMY DCS DIRECTIVE 02-2007, 26 MAR 07

1D. AR 600-63, ARMY HEALTH PROMOTION DATED 7 MAY 2007, RAR 20 SEP 2009

1E. VCSA ARMY SUICIDE PREVENTION TASK FORCE; TASK NUMBER 1.1.12: ESTABLISH A POLICY REQUIRING SUICIDE PREVENTION TRAINING AT THE LOWEST APPROPRIATE LEVEL BEFORE AND AFTER AUTHORIZED ABSENCES WHILE DEPLOYED (E.G., MID-TOUR LEAVE; R&R LEAVE; EMERGENCY / MEDICAL LEAVE)

2. ANY PERIOD OF TRANSITION CAN BE STRESSFUL FOR SOLDIERS EVEN DURING THE MUCH NEEDED REST AND RECUPERATION LEAVE DURING A DEPLOYMENT. THE REVISION TO AR 600-63 (PARA., 4-4L(3)) AND THE PENDING REVISION TO THE DCS CHECKLIST (DA FORM 7631) ADDRESSES THESE CONCERNS

DURING DEPLOYMENT BY MANDATING SUICIDE PREVENTION TRAINING BEFORE DEPARTURE AND UPON RETURN FROM IN-THEATER LEAVE (E.G., MID-TOUR, R&R, EMERGENCY AND MEDICAL).

3. OTHER TIMES OF TRANSITION (E.G., BETWEEN DUTY STATIONS, PERMANENT CHANGE OF STATION, END OF TERM OF SERVICE, MEDICALLY DISCHARGED, RETIREMENT, ETC.) CAN ALSO BE CHALLENGING FOR SOLDIERS AND MAY BE ACCOMPANIED BY A SENSE OF AMBIVALENCE AND ANXIETY CAUSED BY THE UNCERTAINTY OF A SOLDIER'S FUTURE. COMMANDERS ARE ENCOURAGED TO BE PARTICULARLY OBSERVANT OF BEHAVIORAL CHANGES IN THEIR SOLDIERS DURING THESE TIMES AND ADDRESS THEM BY INCORPORATING SUICIDE PREVENTION TRAINING IN THE IMCOM BRIEFINGS PROVIDED DURING IN/OUT PROCESSING AND FINAL TRANSITION BRIEFINGS TO SOLDIERS LEAVING THE ARMY.

4. SUICIDE PREVENTION TRAINING ACTIVITIES ARE DESIGNED TO REDUCE THE RISK OF SUICIDE AND TO IDENTIFY AT RISK SOLDIERS. THESE ACTIVITIES MAY BE PRESENTED USING A NUMBER OF FORMATS SUCH AS IN-PERSON AND IN SMALL GROUPS UTILIZING CONDENSED BRIEFINGS BY UNIT CHAPLAINS AND LEADERS, COMPUTER-BASED TRAINING, OR PEER TO PEER TRAINING. CONTENT MAY INCLUDE OUTREACH, RESILIENCY, INTERVENTION SKILLS, AND ADDRESS RESOURCES AVAILABLE TO THE SOLDIER UPON HIS/HER TRANSITION (E.G., THROUGH THE VETERAN'S ADMINISTRATION IF TRANSITIONING OUT OF THE ARMY). EXISTING SUICIDE PREVENTION RESOURCES CAN BE DOWNLOADED FROM THE US ARMY PUBLIC HEALTH COMMAND (PHC), FORMERLY KNOWN AS US ARMY CENTER FOR HEALTH PROMOTION, PREVENTATIVE MEDICINE (CHPPM): [HTTPS://WWW.US.ARMY.MIL/SUITE/PORTAL/INDEX.JSP](https://www.us.army.mil/suite/portal/index.jsp) OR THE HQDA G1, ASPP WEBSITE: [HTTP://WWW/ARMYG1.ARMY.MIL/HR/SUICIDE/DEFAULT.ASP](http://www/armyg1.army.mil/hr/suicide/default.asp).

5. ALL COMMENTS OR QUESTIONS REGARDING THIS MESSAGE SHOULD BE ADDRESSED TO THE ARMY SUICIDE PREVENTION OFFICE AT G1SUICIDE@CONUS.ARMY.MIL.

6. THIS MESSAGE HAS BEEN APPROVED BY ARMY G-1.

7. EXPIRATION DATE IS 1 APR 2011.